

Saint James
CATHOLIC CHURCH

St. James Roman Catholic Church,
a diverse community rooted in vibrant
Eucharistic Liturgy, serves those in need
in partnership with others.



*Saint James Church is
staffed by the priests
and brothers of the
Missionary Servants of
the Most Holy Trinity*



2nd Sunday
OF EASTER

Then he said to Thomas, “Put your finger here and see my hands,
and bring your hand and put it into my side, and do not be
unbelieving, but believe.” —Jn 20:27

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

SUNDAY MASS

9:30 and 11:30 a.m.
Presentation Hall

DAILY MASS

Monday - Friday
7:30 a.m.
Tolton Chapel
(Rectory, 2942 S. Wabash)

RECONCILIATION

Confessions at
St. James on the first
Friday of the month,
7:30pm- 8:30pm,
or by appointment

OFFICE HOURS

Monday -Thursday
8:00am-4:00pm

Friday
9:00am-12:00pm
By appointment only

Saturday & Sunday
Closed

LOCATION

2907 South Wabash
Chicago, IL 60616

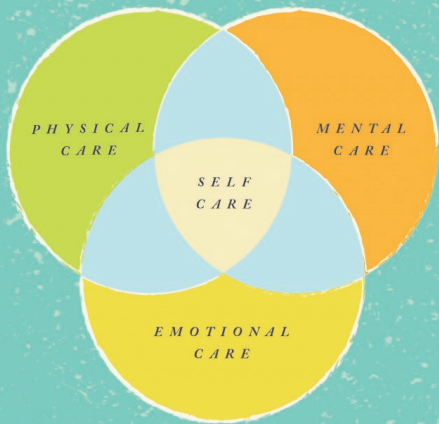
CONTACT

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312-842-3612 (fax)
www.stjameswabash.org



APRIL 19, 2020

ON THE WAY.....



May the grace and peace of the Holy Spirit be with us forever.

Brene Brown is a social worker and lecturer who has spent over twenty years studying emotions. She recently gave an interview where she gave some advice on how to cope with these strange days we are going through.

Understand the toll anxiety takes

"I think we are spiritually, physically, mentally weary. I mean, the toll that anxiety, uncertainty and fear takes on us is heavy. We can't see [the virus] and that is like scary-movie-level stressful. You talk about a rhythm of crisis, whether it's a hurricane or a fire or a flood, we depend on adrenaline to get us through the crisis. And we have been adrenaline-fueled for the last week or 10 days. But it's coming to its end now. Adrenaline has a short shelf life. It cannot fuel us through a crisis that lasts for six weeks. And adrenaline is hard on our bodies. The only way I can think about it is we have to grieve the loss of normal. At the exact same time, we're trying to find our footing in a new normal."

Move your body

"As the wave of pandemic travels through the U.S. and we start to lose people that we see every day and know every day, it's going to be grief on top of grief, on top of grief. And the only things I can tell you for sure that I believe work — and I think there's good science behind this — is we have to move our bodies. Because we store trauma and grief and anxiety in our bodies. We have to exercise. We have to walk. We have to do yoga. We have to move our bodies. We have to sleep. And we have to absolutely monitor how much news we consume. We just can't do it ad nauseam."

Don't rank your suffering

"My daughter's crying because she got ripped out of her junior year of college. She doesn't get to finish school. And she thinks, 'Oh, I can't cry or be sad about that, because my mom is trying to hold a company together. And that's harder.' And then I'm thinking, 'I can't cry about that, because look at the E.R. doctor in New York.' And then the E.R. doctor's thinking, 'This is hard as hell, but I can't cry because look at the woman who just lost her husband.' That whole mythology of rank-ordering suffering is built on the idea that compassion and empathy are finite. That's not the way they work. Every time we practice empathy and compassion, we make more empathy and compassion."

It's OK to be vulnerable right now

"The definition of vulnerability is uncertainty, risk and emotional exposure. Give me a single example of courage in your life — or that you've witnessed in someone else's life — one example of courage that did not require uncertainty, risk and emotional exposure. There is no courage without vulnerability. Vulnerability is the birthplace of courage. And if we want to be brave, we have to be real. And that requires risk."

In the Most Holy Trinity,
Fr. John Edmunds, S.T

THIS WEEK AT ST. JAMES



Join us for Mass on-line via Zoom

Sundays
9:30AM

See calendar for link.
Meeting ID: 622 647 147

Or you can call in at:

Dial by your location

+1 929 205 6099 US

(New York)

+1 312 626 6799 US (Chicago)

+1 301 715 8592 US

+1 346 248 7799 US (Houston)

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US

Meeting ID: 622 647 147



Find your local number: <https://zoom.us/j/abZJIM2m4>



Daily Mass has returned on-line!

Please join us at 7:30 a.m.

<https://zoom.us/j/844260686?pwd=K0VVVzdnWFQ5UGRaMGdSTVl0S1c5QT09>

Meeting ID: 844 260 686 Password: SJDAILY

One tap mobile

+13126266799,,844260686#,,#070524# US (Chicago)

Meeting ID: 844 260 686

Password: 070524

Find your local number: <https://zoom.us/j/abZJIM2m4>

This Week at St. James



Here for Each Other

A chance to connect with others,
to learn and share practical ways
to overcome isolation,
to deal with change,
and to promote health

Wednesdays
1:00PM

Fill out this form if you want to join us on Wednesdays:

<https://forms.gle/J5jGyEPvGJP1GxaZ6>



We are all suffering by not being able to gather for prayer and worship every Sunday. Unfortunately there is no way of knowing how long those restrictions will be in place to help prevent the spread of the virus. One consequence of this reality is that St. James is facing a dramatic loss of income. Many thanks to those who use Give Central for the parish donations. It provides some help with our bills. But, as all of you can testify, bills keep coming even when the income has diminished. I would ask you to continue to be generous to St. James during this time. If you would like to donate using Give Central you need merely to click on this link:

<https://www.givecentral.org/location/41/event/654>

Or, if you would prefer, consider mailing your donation directly to the parish. Together we will get through this difficult moment.

NEXT WEEK AT ST. JAMES....

Sun 04/19	Second Sunday of Easter	
	9:30 a.m.	Mass (On-line) https://zoom.us/j/622647147 Password: SJMASS
	1:30 p.m.	Bible Study (On-line) https://zoom.us/j/221932001?pwd=UU9ScIJCM1JtSmt6YWM4N0dJTEo1UT09 Password: SJBIBLE
Mon 04/20	7:30 a.m.	Mass (On-line) Meeting ID: 844 260 686 Password: SJDAILY † <i>Anna Marano - requested by Mena Marano</i>
Tues 04/21	7:30 a.m.	Mass (On-line) Meeting ID: 844 260 686 Password: SJDAILY † <i>Dolores M. Rokos- requested by Robert Rokos</i>
Wed 04/22	7:30 a.m.	Mass (On-line) Meeting ID: 844 260 686 Password: SJDAILY † <i>Dave Sevening - requested by Marge Sevening</i>
Thur 04/23	7:30 a.m.	Mass (On-line) Meeting ID: 844 260 686 Password: SJDAILY † <i>Dave Sevening - requested by Marge Sevening</i>
Fri 04/24	7:30 a.m.	Mass (On-line) Meeting ID: 844 260 686 Password: SJDAILY
Sun 04/26	Second Sunday of Easter 2nd Collection Tolton Canonization Fund	
	9:30 a.m.	Mass (On-line) https://zoom.us/j/622647147 Password: SJMASS



Our Home Bound:
Judy Archer
Margie Bass
Altee Clark
Edwina Cook
Paul Freeman
Juanita James
James Kennard

Barbara Southhall
Dina Williams
Our Sick
Victoria Allen
Aayliah Cooper

Patsy Cunningham
Marvelean Doss
Nancy McCarthy
Barbara Radizwon
Sandra Reynolds
Donald Rogers
Kimberly Starr





Please join us on Facebook and check out our website for updates and how to find new ways to continue to grow in your faith.

<https://www.facebook.com/stjamescatholicchurchwabash>

<https://www.stjameswabash.org/>

The Rosary is prayed on-line twice daily at 8:30AM and 6:30PM Go to www.zoom.com. First time users, allow a few minutes to download.

Our meeting "room" number is 386-560-1938 Or, go directly to <https://zoom.us/j/3865601938>

Password :173790



Whether you are present or not you can submit a prayer request. Prayer Requests can be submitted through <https://tinyurl.com/stjamesrosary>